

ULTIMATE BOXING WORKOUT

AUTHENTIC BOXING WORKOUTS
FOR FITNESS



PRESS KIT

www.ultimateboxingworkout.com

The **Ultimate Boxing Workout** is for those who want to experience the type of training a boxer goes through to get into top shape and provides an exhilarating cross-training workout. The Ultimate Boxing Workout stays true to the origins and the spirit of boxing, and provides exhilarating and authentic boxing workouts for fitness and conditioning. Training sessions include challenging interval workouts, proper execution of exercises and body awareness, stretching and recovery.

THE ULTIMATE PHILOSOPHY

Why create a workout routine based on a boxer's training regimen? It is simple: because boxers are the best-conditioned athletes in the world.



PHYSICAL CHARACTERISTICS OF GREAT ATHLETES



1. **Stamina** - The ability of body systems to process, deliver, store, and utilize energy. **Boxers are conditioned to continually move in the ring using their legs to change direction and manoeuvre into position, to throw a high volume of effective punches, and going the fight distance.**



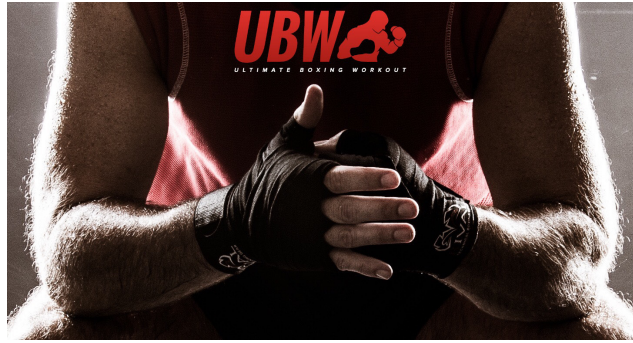
2. **Strength** - The ability of a muscular unit, or combination of muscular units, to apply force. **Boxers develop power by delivering forceful punches repeatedly on the heavy bag. The upper body, shoulders, arms, core, and leg muscles play an important role in producing strong punches.**



3. **Speed** - The ability to minimize the time cycle of a repeated movement. **Boxers rapidly throw punch after punch reducing the amount of time between strikes.**



4. **Endurance** - The ability of the body systems to gather, process, and deliver oxygen to the working muscles. **Boxers must have the endurance to perform at an optimal level for the entire fight and for every round, be it the first round or the last, maintain the same level of intensity.**



The **Ultimate Boxing Workout** replicates the most beneficial elements of a boxer's workout, to maximize results in the shortest amount of time. It is a fun, effective, and dynamic cross-training routine that includes all aspects of boxing training. This is the place where boxing and fitness meet in perfect balance.

The great boxing champions and coaches of the past and present have inspired the training techniques and routines for the 'Ultimate Boxing Workout. Their dedication and passion for the sport of boxing reveals the commitment required on a day-to-day basis to be their best.



Mike Tyson



Muhammad Ali



Sugar Ray Leonard

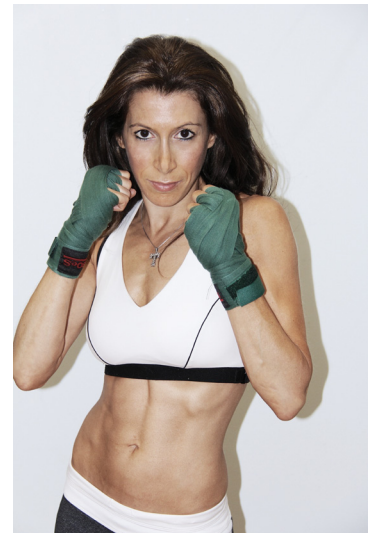


Floyd Mayweather Jr.

THE SWEET SCIENCE

The science of fitness training has changed dramatically over the years with the advanced knowledge of how the body functions and the responsiveness to exercise, proper nutrition, strength training, recovery, and relaxation techniques. Boxing training however continues to work with the tried and true principles and training regimens that have not changed for almost one hundred years. Certainly the technology and design of the equipment have evolved and improved, but the heart and soul of the boxer's workout; the heavy bag, Punch mitts, medicine ball, jump rope, and the committed training schedule, have not changed much. The reason for this is simple. It works!

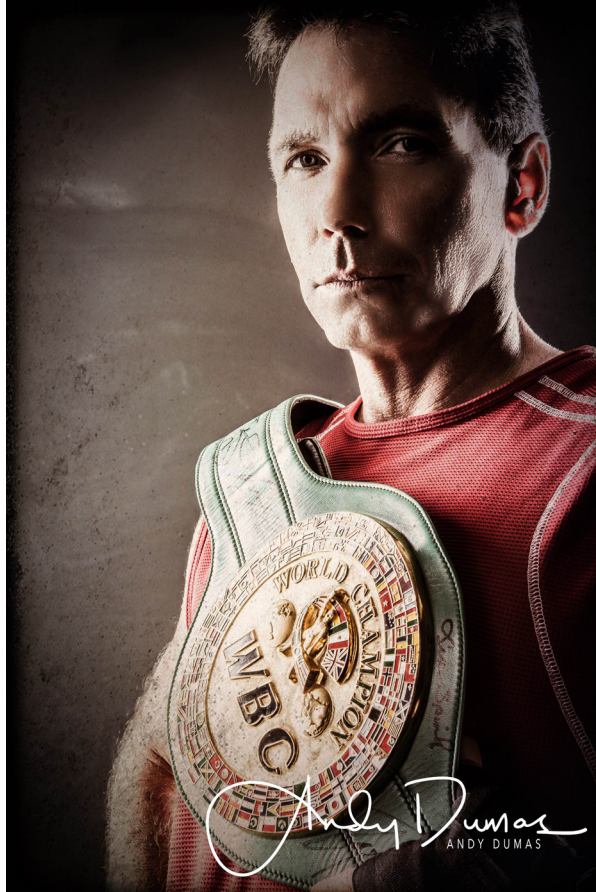
The Ultimate Boxing Workout lets you feel your power on the heavy bag, the quick responsiveness resulting from focus mitt training, the heightened foot speed, agility, and quickness from jumping rope, the developed musculature from working with the medicine ball.



This exhilarating interval workout teaches you the foundation of boxing training, body awareness, proper execution of movements resulting in a challenging and safe exercise program. Experience the challenging physical training of a boxer and get in the best physical condition of your life.

Expand your clients workout options with The Ultimate Boxing Workout program. It is easily incorporated into any gym or fitness environment.

ANDY DUMAS



"Success comes from doing little things correctly, day in and day out. The Ultimate Boxing Workout was created to inspire people to practice and improve, working the fundamentals striving to get better each and every day."

Andy Dumas is a Certified Canadian Boxing Coach, Fitness Consultant, and a sought after fitness presenter. Andy has been featured at major Fitness Conferences and various educational facilities. He is a trainer with the World Boxing Council (WBC). He also hosts and produces a number of TV fitness and sports shows. He understands the long hours of training, the commitment to the sport, and the intense mental focus that is required by the very best conditioned athlete.

Andy is the author of five best selling books on fitness and boxing. The One-Two Punch (2002 McGraw Hill) Knockout Fitness (2009 Skyhorse Publishing) Old School Boxing Fitness (2013 Skyhorse Publishing) Successful Boxing (2013 Crowood Press) Fitness Boxing (2014 Crowood Press)



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